

Senior Farmers Market Nutrition Program: Evaluation Summary

The Senior Farmers' Market Nutrition Program (SFMNP) enhances access to fresh fruits and vegetables for 1700 low-income seniors in King County. Homebound seniors receive biweekly deliveries of bags of fresh produce from local farmers. The SFMNP aims to increase fruit and vegetables intake of participants. In 2001 Donna Johnson from the UW Health Promotion Research Center evaluated the SFMNP using HPRC funding.

Researchers administered a quantitative fruit and vegetable intake survey by phone to 87 SFMNP participants and 44 representative controls before and during the last month of the basket deliveries. Major survey findings follow:

- After receiving produce baskets for five months, 39% of participants reported eating five or more servings a day compared with 22% at baseline.
- The daily consumption of fruits and vegetables for participants increased by 1.04 servings per day. Daily intake for people in the control group decreased by 0.27 servings per day. This difference is significant at $p < .0001$ (CI 0.68-1.95).
- Almost all (94%) of program participants reported that they would choose to participate in the SFMNPP in the future.

Preventing Chronic Disease published the research study results. See http://www.cdc.gov/pcd/issues/2004/jan/03_00010a.htm .